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INFORMATION,
PREVENTION AND
TREATMENT REFERRALS, AND
OTHER RESOURCES ARE
AVAILABLE 24 HOURS A DAY
FROM THE MASSACHUSETTS
SUBSTANCE ABUSE
INFORMATION AND
EDUCATION HELPLINE/
THE MEDICAL FOUNDATION.

800-327-5050
(TOLL-FREE; MULTI-LINGUAL)
TTY: 617-536-5872
WWW.HELPLINE-ONLINE.COM

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ADDITIONAL INFORMATION
AND STATISTICS ARE
AVAILABLE FROM:

- Massachusetts Youth Health Survey, October 2002
www.state.ma.us/dph/bsas
- Massachusetts Youth Risk Behavior Survey
www.doe.mass.edu/hssss/yrbs/01/results.pdf
- National Center on Addiction and Substance Abuse at Columbia University
www.casacolumbia.org
- Monitoring the Future, Overview of Key Findings 2002
www.monitoringthefuture.org
- Office of National Drug Control Policy
www.whitehousedrugpolicy.gov
- Parents. The Anti Drug
www.theantidrug.com
- Partnership for a Drug-Free America
www.drugfreeamerica.org
- U. S. Department of Health and Human Services
www.health.org

Be the first to **TALK WITH YOUR PRE-TEEN**
about ALCOHOL, TOBACCO, and other DRUGS

INFORMATION FOR FAMILIES

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FAMILY RULES

Young people are less likely to use tobacco, alcohol, or other drugs if their parents make clear rules about it. Here are some ways to make family rules work:

- When possible, create rules together. Youth who are part of making rules are more likely to follow them.
- Give every rule a consequence (what happens if the rule is broken). When possible, involve your child in this, too.
- Choose consequences that are important to your child right now ("no calls or e-mail tonight" or "no television for a week"). They should not be severe or far in the future. Be sure you will always be able to enforce them.
- Discuss family rules to make sure they are clear to everyone.
- Write down the rules and consequences, and put them where everyone will see them often.
- Some families find it helpful to write a contract that a child can sign, agreeing to not use alcohol, tobacco, or other drugs.
- Consider holding family meetings on a regular basis so everyone has input into family issues.
- If your child feels a rule is unfair, listen and be open. Some rules need to change as children get older.
- Decide on positive rewards for honoring family rules, drugs, and review it together.

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KNOW WHAT *your* CHILD is DOING

Knowing what your child is doing reduces the chance of him or her becoming involved with drugs. This doesn't mean you don't trust children, it means you want to be sure they're safe.

Here are some tips:

- Set a regular time when your child must return home. Be flexible on special occasions.
- Always know where your child is, with whom, and what they will be doing.
- Call or ask your child to call you at specific times.
- Talk in advance with the parents of friends who are having parties or sleep overs. Call or stop in to make sure an adult is around.
- Agree on what your child will do if a situation involves alcohol or other drugs (such as call you or another trusted person who can bring him/her home).
- Keep a list of phone numbers of your child's friends.

Knowing your child's friends and parents is a great way to help children stay safe.